

# Storytelling Activity

- ❖ Increases the active level of learning as participants use critical thinking to analyze a story
- ❖ Storytelling works with many different cultures, including those that tend to be reserved
- ❖ Supports safety because participants are discussing “someone else”, not personal info

## Key elements:

1. Identify a story that illustrates a key concept
  - An effective story will: be short; be relevant to the topic; be realistic for participants; be about a fictitious family (not the facilitator); and include an emotional element
  - Consider writing the story down so details are included (don't forget visual, auditory, or other sensory details)
2. Tell the story to the group
  - Ask permission first – “I'd like to tell you a story and hear what you think. How does that sound?”
  - Get into the story – use your voice and body language to emphasize details
  - Consider ending the story with an emotional hook.
3. Ask the group to describe how the story made them feel or analyze key components of the story.
  - Affirm participation and accept their thoughts neutrally



# Storytelling Activity

## Example from “Touching Hearts, Touching Minds”:

*The Story:*

*“I’d like to share a story related to today’s discussion. How does that sound?”*

*“Imagine that a young child - about four years old – and his mother are at a fast food restaurant. He asks for a hamburger, soda, and large French fries. Mom smiles and orders a hamburger, milk, and apples. The boy protests. Mom explains that she loves him very much and wants the best for him. Children have an amazing ability to learn lessons from parents.”*

*Ask:*

*“What lessons might this young child learn from a mother who insists that her child drink milk instead of soda, and eat apples instead for French fries?”*

Responses might indicate the emotional components of mom’s love for the child, the practical aspect of mom is in charge, or the logistics of how to order healthy in a fast food restaurants.

*“What will you do next time you go to fast food restaurant to keep the balance?”*

**Your thoughts:**

